

Table manners 101: Dining etiquettes explained



LIFE AS IT IS

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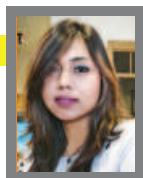


Table manners are important because in a civilised society, poor dining etiquette can create a poor impression of you at social gatherings and social business situations. Even when you are eating at a restaurant surrounded by strangers, table manners are important, because you do not want to irritate others with your poor manners or invite stares from patrons sitting at the next table.

Poor table manners can create a poor impression of you even at informal family gatherings; think about extended family and in-laws. Having said that, not all of us were raised the same way. While many of us learned table manners from our families when we were children, not all of us had the same opportunity.

Perhaps, our parents were overwhelmed with work and other responsibilities; were not around when we needed them most, or they themselves did not know enough about table manners to teach us. Dining etiquette, however, is not rocket science and can be learned anytime, at any age. Once you have learned and practised your table manners for some time, you will follow them instinctively, even when you are eating alone!

Not chewing with our mouths open is just one of the very basic table manners that we need to remember when eating in the presence of other people. Basic table manners are simple, universal, and easy to remember and follow.

Come to the table with a clean face and hands

Washing hands before eating is something almost all of us were

taught as children. When you will be sharing the table with other people, come to the table not only with clean hands but a clean face and mouth as well.

Do not speak with your mouth full

Swallow your food first and then say what

but also considered a sign of poor manners. The same goes for drinks; coffee, tea, juice, water, lassi — you name it!

Wait for others to come

Do not start eating as soon as you have taken your seat. Wait for others to arrive and



you have to say. It is unpleasant to the sight when people speak with food in their mouths. It is likely that you will also spit some of that uneaten food when you try to speak with your mouth full.

Do not slurp liquid

Yes, every drop of that soup or daal may be delicious, but please do not slurp. The sound of slurping is not only unpleasant

wait until everyone has been served. Also, do not finish your food quickly and leave the table before others are done eating. You are not participating in an eating contest! Keep pace with other diners.

Use bone dish/ plate

Never place or throw bones and other food waste on the table. It is a no-no! Use the bone plate. If a bone plate was not provided, use a side plate. In the absence of a side plate, ask for one!

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